

CLAIMS

1. A composition for slimming comprising theanine and at least one selected from the group consisting of caffeine, genistein, L-carnitine and catechin as effective components, which accelerates decomposition of fats in fat cells.
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2. The composition according to claim 1, said theanine is at least one selected from the group consisting of L-theanine, D-theanine and DL-theanine.
- 10 3. The composition according to claim 1, said catechin is at least one selected from the group consisting of (+) catechin (C), (-) epicatechin (EC), (-) epigallocatechin-3-gallate (EGCG), (+) epigallocatechin (EGC) and (-) epicatechin gallate (ECG).
- 15 4. The composition according to claim 1, said theanine improves the expression of β_3 -adrenergic receptor to accelerate decomposition of fats.
5. The composition according to claim 1, the components are contained in an amount of 0.0001 ~20 wt% to the total amount of the composition.